## **CDC: Tips from Former Smokers – Brandon (:30)**

This program is presented by the Centers for Disease Control and Prevention.

[Brandon] Hey, I'm Brandon. The disease I got from smoking led to me having both of my legs amputated. It's called Buerger's disease. It can destroy your skin tissue and lead to infection, gangrene, or worse. So I have a tip in case that happens to you. Take showers instead of baths, and use a shower chair. You'll find bathtubs are a lot harder to get in and out of when you don't have legs.

[Announcer] Smoking causes immediate damage to your body. You can quit. For free help, call 1-800-QUIT-NOW.

A message from the US Department of Health and Human Services and CDC.

For the most accurate health information visit www.cdc.gov or call 1-800-CDC-INFO.